

# You are Invited to Come Join us

## Bodyfit Exercise Class Demonstration



Date: Sunday, August 13

Time: 2:00 pm to 3:00 pm

Place: Crosby Memorial Community Centre  
210 Main St, Unionville, ON L3R 2G9

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

A group exercise class is a great way to improve your strength and energy in a social, supportive atmosphere. You can meet new people, get fit, and have fun.

Wear some comfortable clothing, running shoes and bring a bottle of water.

Contact: [ellaca@hotmail.com](mailto:ellaca@hotmail.com)